

EXERCISE: What Parts of Your Life Have Been Made Smaller Because of Anxiety?

We are interested in exploring the various ways that your life has been influenced by the struggle with anxiety. In this exercise please reflect on the areas of your life, and how they currently are due to the struggle. Reflect on each life area in turn before

then going on to describe how you would like it to be.

When you describe how you would like it to be, write as though there were no barriers, as if you were able to effortlessly act like the person you really want to be.

Life Domain	How it is, because of the struggle with anxiety	How I would like it to be, based on my valued directions
Intimate relationship		
My health		
Work		
Leisure time		
Family relationships		
Friendships		

288 ACTivate Your Life

We are going to suggest something here that may not fit all that well with this motivation to be comfortable. Could it be that many of the most important and meaningful things in life involve vulnerability, fear and discomfort? It could be that feeling scared at least some of the time is the **price of admission** to having a rich, full and vital life.